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WAR FOOD ADMINISTRATION
Washington 25, D. C.

June 1945

FACT SHEET ON PEACHES

The Situation (as of June 11)

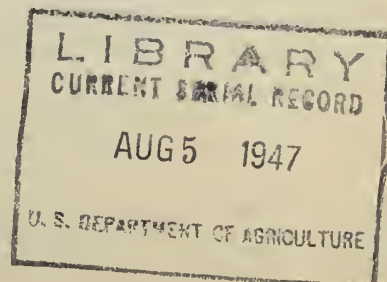
The largest peach crop on record—4 percent above the previous peak year, 1941—is expected from 10 Southern States this year. The June estimate issued by the Bureau of Agricultural Economics indicates that peach production in the 10 Southern States will probably be more than 26 million bushels, compared with a 10-year average of about 16 million bushels. The heaviest production will center in Georgia and the Carolinas, amounting to about 16 million bushels, compared to about 9 million bushels for the 10-year average. The result is a serious problem because everything possible must be done to prevent loss of this valuable food. Carlot shipments are anticipated to be about double those of last year. Approximately 85 to 90 percent of the rail shipments of southern peaches in 1944 were from these States.

Transportation and Timing

The railroads indicate that they expect to be able to handle the large shipments of peaches expected from the Georgia-Carolina area, and they have guaranteed plenty of ice, although there may be times during the next two months when the supply of refrigerator cars will be a day or two late.

The crop in Georgia and the Carolinas is from 10 days to two weeks early. Maximum truck and rail shipments, it is estimated, will amount to 22,000 to 23,000 cars, leaving about 10,000 to 11,000 cars of peaches to be utilized locally in other ways. Peak shipments probably will be made from June 24 to July 21, when about 70 percent of the crop will move, with a peak week from July 8 to 14, when approximately 4,500 cars are expected to move. However, in view of the transportation situation slowing up movements of freight it will take a week or more for many of these peaches to reach their destinations so that the peak week of supply on the markets is expected to be July 15-21.

Estimated rail and truck shipments of peaches from Georgia and the Carolinas and estimated total rail shipments from other important peach producing States and in the United States are shown.



JUN 23 1945

Estimates for 1945 (expressed in carlots)

Week Ending	Georgia & Carolinas (Rail)	Georgia & Carolinas (Truck)	Other States, Inc. Arkansas and California (Rail)	Total U. S. (Rail)
June 9	1,060	200	15	1,075
June 16	1,550	300	130	1,680
June 23	2,100	400	130	2,230
June 30	3,000	500	120	3,120
July 7	3,500	500	320	3,820
July 14	4,300	500	450	4,750
July 21	2,550	400	750	3,300
July 28	300	300	1,000	1,300
Aug. 4	---	200	1,200	1,200

Peach-Producing States and Seasons

Important peach-producing States with periods of peak production in each State are:

Arkansas	July 1 to July 25
Georgia	" " "
North Carolina	" " "
South Carolina	" " "

Alabama	July 20 to July 30
Mississippi	" " "
Tennessee	" " "
Texas	" " "
Missouri	" " "

Virginia	Aug. 10 to Aug. 20
West Virginia	" " "
New Jersey	" " "

New York	Aug. 21 to Sept. 30
Pennsylvania	" " "

Colorado	Aug. 20 to Sept. 10
California	July 15 to Aug. 15
Washington	Aug. 21 to Sept. 10

Illinois	Aug. 15 to Sept. 1
Michigan	Sept. 1 to Sept. 30

Where The Peach Crop Goes

Shipments of peaches from the three southern States -- Georgia and the Carolinas, -- normally go as far north as Canada and to practically all markets east of the Mississippi, and this season they are expected to go even to many markets west of the Mississippi.

While California is one of the largest peach producing States, a large part of its production consists of clingstone peaches. These are used mostly for canning and drying. However, California does ship a considerable volume of freestone peaches in boxes to midwestern and some eastern markets, although high freight rates prevent large shipments when midwestern and southern peaches are plentiful. Washington peaches are marketed in a manner similar to those of California.

Arkansas supplies peaches to most of the markets west of the Mississippi, extending as far as the Rocky Mountains. Colorado peaches are distributed mostly in Wisconsin, Minnesota, Iowa, Nebraska, and Kansas. Much of the Texas peach crop is absorbed locally, and the same is true of the Alabama, Tennessee, and Mississippi crops.

Virginia and the northeastern States distribute their peaches mostly along the Eastern Seaboard and in nearby States. Illinois and Michigan peaches go to supply the midwest markets.

Containers For Shipping

A sufficient supply of new containers is expected to be available for the shipment of approximately 21,000 cars of peaches in the Georgia-Carolina peach area. This supply will be supplemented by the use of a considerable number of good used containers.

The Solution

1. Full cooperation of brokers, the wholesale fruit and vegetable trade and all retail outlets over the widest possible area to move peaches in the largest quantities consumers will accept.
2. An intensive promotion program to encourage (a) maximum use of peaches to meet current food needs and (b) maximum home-canning and community canning of peaches. Commercially canned fruits will be short this year, and point values are expected to be high. The berry crop is light. Peaches will be the one fruit crop this year that will be plentiful for home and community canning.
3. The need for food is greater than ever before, President Truman stated recently. Home preservation of food this year, the President pointed out, is just as important as production in view of the increased war requirements for commercially processed foods.

Following are pointers from the Bureau of Human Nutrition & Home Economics:

Nutritional Note On Peaches

Delicious flavor is reason enough for eating peaches. On the nutritive side, peaches at the peak of ripeness offer a fair amount of vitamin C. The vitamin C value increases as the peach matures. In addition, yellow fleshed peaches are a good source of vitamin A.

To Make Good Use Of Peaches

It's hard to beat peaches eaten the simplest ways...out of hand...sliced with cream or top milk...served as a fruit cup alone or with other fruit. Sliced peaches and raspberries or blackberries for example are a combination to please both palate and eye.

Keep ripe peaches cool until used. Spread them out to avoid bruising. Let peaches that are a little on the green side ripen at room temperature.

To keep sliced peaches from turning dark and unattractive, either peel just before using, or sprinkle the cut fruit with a little lemon juice.

Go light on sweetenings. To keep the sugar in the sugar bowl, experiment -- try a little honey, sirup, or other sweetening on hand.

Let sliced peaches top a bowl of cereal, hot or cold.

Use chilled peaches in refreshing salads...halved peaches nesting in crisp lettuce, for example...sometimes with cottage cheese or cream cheese or chopped fruit in the hollow of the peach half. Or combine peaches and other fruits, crisp and cold, and cut in slices or good-sized diced pieces. A fruit salad fits anywhere in a meal: as a starter, with the main course, as a dessert. For a warm weather lunch or supper, a generous fruit salad plate may need only bread or sandwiches and a beverage.

Three points on peach cooking:

1. For easy peeling, dip peaches in boiling water a minute or two, then quickly into cold. Skins will slip easily.
2. A pinch of salt brings out flavor in cooked fruit.
3. Serve cooked peaches hot to enjoy the fullest flavor and sweetness.

Broil or bake peach halves, pit side up, in a shallow baking dish. To each piece add a little melted table fat, a very little salt, and sweetening if desired. When hot through and lightly browned, the peaches are ready to be served hot with the main course or as a dessert.

With stewed peaches try a dash of spice, cinnamon, perhaps, or clove buds.

Peach season would not be complete without one or more of the old favorites -- peach shortcake, pie, or cobbler. Here are some recipes, starting with the biscuit dough that is needed for each dessert:

Biscuit Dough For Peach Desserts

2 cups sifted flour	3/4 teaspoon salt
3 teaspoons baking powder	1 tablespoon fat
3/4 cup milk, or enough for soft dough	

Sift dry ingredients and cut in the fat. Make a well in the mixture and add the milk slowly and stir from the center with a fork until a soft dough is formed. Toss on a lightly floured board and use as directed. For a richer dough, cut in more fat.

Peach Shortcake

Bake biscuit dough in rounds; split and fill with lightly sweetened sliced or chopped peaches. Serve at once with or without cream.

Peach Cobbler

Roll out a rich biscuit dough in size to cover a baking dish. Slash the top so it will let out the steam. Partly fill the dish with lightly sweetened peaches, and cover with the dough. Bake in a hot oven (400° F) until the crust is brown. To save on fat in making the dough, use latticed strips instead of a sheet of dough over the fruit.

Peach Turnover

Cut biscuit dough in circles about the size of a saucer. On one side place chopped peaches, lightly sweetened with sirup if necessary. Fold over. Crimp the edges and bake.

"Putting Up" The Peaches

Peaches are successfully "put up" by a variety of home methods, and the peach products may be used many ways in good meals.

Peaches chosen for home and community canning, freezing, drying, or preserves should be table ripe, firm, and perfect. The pink blush on many varieties of peach tells little about quality. Background color shows ripeness. When processes call for table-ripe fruit, choose peaches with yellow or yellow-white ground -- not green -- and put up the fruit promptly.

Softer fruits, if sound, are good for peach butter or jam. Slightly underripe peaches make the best pickles.

Home-Canning -- First Choice For Many Homemakers

Peaches are easy to can -- they are safely canned in a boiling-water-bath canner. No steam pressure canner is needed. And since supplies of commercially canned fruits for civilians will be smaller in 1945-46 than last year, home-canned peaches are "blue points in the pocket." One bushel of peaches will yield about 18 to 24 quarts.

An average of one pound of sugar to 4 quarts finished fruit is the wartime guide for home canning. Fifteen pounds of sugar is the maximum allowance per person for all canning, including sweet spreads and relishes.

To stretch sugar in home canning, corn sirup may replace up to 1/3 of the sugar, or mild-flavored honey up to 1/2. Strong-flavored sirups or brown sugar or molasses should not be used.

Sugar is not required to keep canned fruit from spoiling, but it is important for holding flavor, as well as texture and color. In an emergency a home canner can save fruit from wasting by putting up some without sugar, using peach juice from the soft fruit or boiling water as the liquid to fill up the jars before processing.

Freezing Peaches

For the family that has a home freezer or access to frozen storage locker space, freezing is a particularly good way to keep peaches. State experiment stations can advise on peach varieties from their regions, suited to freezing.

One bushel of peaches, allowing for discards, yields about 38 pounds of frozen fruit. Fruits keep their size and shape better in sirup than in dry sugar and are easier to pack. Sirup for one pound of the sliced peaches calls for 1/2 cup (about 1/4 pound) of sugar to 2/3 cup of water.

Home Drying

Peaches are successfully dried in the oven; in a dehydrator; and in dry and sunny climates, out in the sun. Home drying requires no sugar, but some sweetening is generally wanted when dried fruit is served.

Peach Spreads And Pickles

Out of the 15 pound maximum allowance of canning sugar per person, 5 pounds may be for sweet spreads. Sugar thus used goes farthest in making fruit butter, because the fruit pulp boils down and concentrates the natural sugar in the fruit. One pound of sugar will sweeten about 3 pints of peach butter.

In jam and preserves, which ordinarily call for equal parts by weight of sugar and fruit, using 3/4 as much sugar is satisfactory. With this, one pound of sugar sweetens about 1-1/2 to 2 pints of jam.

Pickles come last, since they generally use as much sugar as spreads, and the spreads can replace table fat when served with breads.

Community Food Preservation Centers

Many homemakers will be able to use canning equipment at food preservation centers established through the country.

Besides canning done for a family, many people give time to can in groups for school lunches, hospitals, and other community needs, particularly where growers can cooperate by donating suitable fruit.

For information about starting or using a local food preservation center, ask the Extension Service representatives; the State Department of Education at the State capital, or the regional food preservation specialist of the War Food Administration. Information on the establishment and operation of community

canning centers -- including directions on processing of peaches -- may be found in "Community Canning Centers," Miscellaneous Publication No. 544, United States Department of Agriculture. (May be purchased for 25 cents from Superintendent of Documents, Government Printing Office, Washington 25, D. C.)

Publications

For free, dependable directions on home food preservation methods ask the local nutrition committee, home demonstration agent, or State Agricultural College. Or order the following free bulletins from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.:

Home Canning of Fruits and Vegetables -- AWI-93

Oven Drying -- AWI-59

Home-made Jellies, Jams, and Preserves -- Farmers' Bulletin 1800

Pickle and Relish Recipes -- AWI-103

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June 1946

Fact Sheet on Peaches

Peaches will be plentiful this year. We'll have lots of southern peaches, especially during the latter part of July, and in the Midwestern and Northern States there should be liberal supplies again all during August and particularly in late August and early September.

The crop is expected to be the second largest on record - only 1 percent smaller than the record high production of 1945. The June 1 crop report estimates 1946 peach production to be at 81,065,000 bushels, as compared with 81.6 million bushels in 1945, and a 10-year average of less than 60 million bushels.

Carlot shipments are expected to be about equal to the heavy shipments of last year, and the railroads indicate they will have enough cars and refrigerating facilities to handle them. The crop closer to the consuming centers will move by truck. In the 11 early Southern States, including Texas, Arkansas, Tennessee, Alabama, Georgia, North Carolina and South Carolina, there is expected to be an almost adequate supply of bushel and half-bushel baskets. It is anticipated that there may be some deficits in containers in the North and West.

Bulk of the peach production in the early States (11 Southern States and California) will be harvested in July; in the mid-season States (middle Atlantic States and Central States north of Arkansas and south of Michigan) in August; and in the late States (Michigan, New York, the New England States, Colorado, Utah, Idaho and Washington) in September.

The early States represent the areas of heaviest peach production. The 1946 production is estimated at 38.5 million bushels, exclusive of California clingstones. Georgia and the Carolinas will have a combined production of 15.5 million bushels and Arkansas 2.9 million bushels. California will have an estimated production of 12 million bushels of freestone peaches, plus 20.8 million bushels of clingstones, which are used for commercial processing.

Substantial shipments are expected from Georgia in the latter part of June, with peak shipments during the second and third weeks of July. Peak shipments from Arkansas will coincide with those from Georgia, while those from the Carolinas will occur during the third and fourth weeks of July. Most of the shipments from California will be made during the last part of July and the first part of August.

Shipments of the Georgia and Carolinas peach crop are marketed normally east of the Mississippi River, but this year (as happened last year) some will probably move west of the river and into Canada. Arkansas peaches are marketed largely in neighboring States, with most of California's shipments going to the West Coast States and States west of the Mississippi River.

Midseason States will produce in 1946 an estimated 10.4 million bushels of peaches, as compared with 9.2 million bushels in 1945, and a 10-year average likewise of 9.2 million bushels. These States are close to, or include, centers of population and may not experience the same marketing problems as the other two groups of States. Transportation will be largely by truck. Peak production will be for the most part in August.

The 1946 peach production for the late season States is estimated at 11.3 million bushels, as compared with 12.7 million bushels in 1945 and a 10-year average production of 9.3 million bushels. These peaches will be harvested from about August 24 to September 20, and will be marketed largely in the upper third of the United States.

It will require full cooperation of brokers, the wholesale fruit and vegetable trade, and all retail outlets to keep these peaches moving into the hands of consumers as they come on the market.

Peaches will be one fruit crop that will be plentiful for home and community canning. In areas where home-grown supplies later are expected to be abundant, stress should be laid only on the fresh table use of early shipped-in peaches. Every effort must be made to secure the maximum use of peaches, both fresh and in home canning and community canning. The supply of commercially canned fruits will be insufficient to meet consumer demand during the coming year.

Information concerning the point of peak supplies can be obtained locally from the Market News Office and from State PMA Directors.

Following are pointers from the Bureau of Human Nutrition & Home Economics:

Nutritional Note on Peaches

Delicious flavor is reason enough for eating peaches. On the nutritive side, peaches at the peak of ripeness offer a fair amount of vitamin C. In addition, yellow-fleshed peaches are a good source of vitamin A.

To Make Good Use Of Peaches

It's hard to beat peaches eaten the simplest ways...out of hand...sliced with cream or top milk...served as a fruit cup alone or with other fruit. Sliced peaches and raspberries or blackberries, for example, are a combination to please both palate and eye.

Keep ripe peaches cool until used. Spread them out to avoid bruising. Let peaches that are a little on the green side ripen at room temperature.

To keep sliced peaches from turning dark and becoming unattractive, either peel just before using, or sprinkle the cut fruit with a little lemon juice.

Go light on sweetenings. To keep the sugar in the sugar bowl, experiment — try a little honey, sirup, or other sweetening on hand.

Use chilled peaches in refreshing salads...halved peaches nesting in crisp lettuce for example...sometimes with cottage cheese or cream cheese or chopped fruit in the hollow of the peach half. Or combine peaches and other fruits, crisp and cold, and cut in slices or good-sized diced pieces. A fruit salad fits anywhere in a meal: As a starter, with the main course, as a dessert. For a warm-weather lunch or supper, a generous salad plate of a fruit salad...a potato salad...and perhaps carrot strips or some other crisp vegetable...needs no bread. Sliced peaches and cottage cheese are another good salad combination.

When serving fruit salads, be fat-thrifty. A small measure of table fat or mild-flavored drippings provides enough fat in a cooked dressing. Cream that sours in hot weather can be turned to account. As a fat in homemade dressings, it is particularly good with fruit.

If peach shortcake is made with a biscuit dough, use half a biscuit to a serving, and conserve flour—instead of building a double-decker dessert. Or let a substantial shortcake do duty as a main part of a lunch or supper, and provide all the bread for the meal.

Some people prefer shortcake made with sponge cake, which has the advantage this year of using no fat and very little wheat flour.

For a super summer dessert, make peach melba by putting a scoopful of vanilla ice cream into the hollow of a peach half...pour a little raspberry sirup on top...add a few chopped nuts. Or, let sliced peaches or peach sauce top a serving of ice cream to make a sundae.

Three points on peach preparation:

1. For easy peeling, dip peaches in boiling water a minute or two, then quickly into cold water. Skins will slip easily.
2. A pinch of salt brings out flavor in cooked fruit.
3. Serve cooked peaches hot to enjoy the fullest flavor and sweetness.

With stewed peaches try a dash of spice, cinnamon, perhaps, or clove buds.

"Putting Up" The Peaches

Peaches are successfully "put up" by a variety of home methods, and the peach products may be used many ways in good meals.

Peaches chosen for home and community canning, freezing, drying, or preserves should be table-ripe, firm, and perfect. The pink blush on many varieties of peaches tells little about quality. Background color shows ripeness. When processes call for table-ripe fruit, choose peaches with yellow or yellow-white ground — not green — and put up the fruit promptly.

Softer fruits, if sound, are good for peach butter or jam. Slightly underripe peaches make the best pickles.

Home-Canning -- First Choice For Many Homemakers

Peaches are easy to can — they are safely canned in a boiling-water-bath canner. No steam pressure canner is needed. One bushel of peaches will yield about 18 to 24 quarts.

An average of 1 pound of sugar to 4 quarts of finished fruit is still the guide for home canning, in order to stretch limited sugar supplies to put up the most fruit. Sugar for home canning this year is obtained by cashing spare ration stamp No. 9, which is good for 5 pounds for this purpose through October 31, 1946. One additional stamp for 5 pounds or less is expected to be made good later in the canning season.

To stretch sugar in home canning, light-colored corn sirup may replace up to one-third of the sugar, or mild-flavored honey up to one-half. Strong-flavored sirups or brown sugar or molasses should not be used.

Sugar is not required to keep canned fruit from spoiling, but it is important for holding flavor, as well as texture and color. In an emergency a home canner can save fruit from wasting by putting up some without sugar, for use in salads or tart mixtures, or to be sweetened at serving if sugar from the family ration is available.

Freezing Peaches

For the family that has a home freezer or access to frozen storage locker space, freezing is a particularly good way to keep peaches. State experiment stations can advise on peach varieties from their regions, suited to freezing.

One bushel of peaches, allowing for discards, yields about 38 pounds of frozen fruit. Peaches are best packed in a sugar sirup made in the proportion of 3 cups of sugar to 4 cups of water. It takes about 3 gallons of sirup for 1 bushel of medium-sized peaches.

To prevent peaches from darkening, either citric acid or ascorbic acid (vitamin C) is effective. Either may be bought at most drug stores. Up-to-date directions for home freezing of fruits tell how to use.

Home Drying

Peaches are successfully dried in the oven; in a dehydrator; and in dry and sunny climates, out in the sun. Home drying requires no sugar, but some sweetening is generally wanted when dried fruit is served.

Peach Spreads And Pickles

If some canning sugar is used for sweet spreads, sugar thus used goes farthest in fruit butter, because the fruit pulp boils down and concentrates the natural sugar in the fruit. One pound of sugar will sweeten about 3 pints of peach butter.

In jam and preserves, which ordinarily call for equal parts by weight of sugar and fruit, using three-fourths as much sugar is satisfactory. With this, 1 pound of sugar sweetens about 1-1/2 to 2 pints of jam.

Pickles come last, since they generally use as much sugar as spreads, and the spreads can replace table fat when served with breads.

Community Food Preservation Centers

Many homemakers will be able to use canning equipment at food preservation centers established through the country.

Besides canning done for a family, many people give time to can in groups for school lunches, hospitals, and other community needs, particularly where growers can cooperate by donating suitable fruit.

For information about starting or using a local food preservation center, ask the Extension Service representatives; the State Department of Education at the State capital; or the State Director, Production and Marketing Administration, U. S. Department of Agriculture (generally located at State Land-Grant College).

Publications

For free, dependable directions on home food preservation methods ask the local nutrition committee, home demonstration agent, or State Agricultural College. Or order the following free bulletins from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.:

Home Canning of Fruits and Vegetables — AWI-93

Home Freezing of Fruits and Vegetables — AIS-48

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UNITED STATES DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION

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U.S. DEPARTMENT OF AGRICULTURE

June 1947

FACT SHEET ON PEACHES

Record Crop in 1947

The 1947 peach crop is expected to be outstanding in quality and volume. The June 1st crop report of the Department estimated this year's production at 89,183,000 bushels, compared with 86,643,000 bushels last year, 81,548,000 bushels in 1945, and a 10-year average of 63,000,000 bushels.

Most important producing areas are sharing in the record crop. Peach production in the 10 leading Southern States is estimated at 25,056,000 bushels --- 13 percent more than the large 1946 crop.

Spring freeze did some damage in a few eastern and midwestern producing States, but prospects in those areas as a whole are for a relatively large crop. The Western States expect a record crop of 44,398,000 bushels --- 1 percent more than the previous record last year. A large part of the western crop is usually processed. However, the volume available for fresh market purposes will depend largely upon market conditions at time of harvest.

In areas in which the southern crop is marketed peaches will be in abundant supply during the latter part of July and the first half of August. Northern and midwestern peaches will be plentiful during the latter half of August and early September.

Marketings Delayed

Marketing of the crop from the Southern States will be considerably later this year than last because of the cool spring weather and late bloom. It is expected that the late portion of the Georgia crop will overlap the peak movement from the Carolinas and Arkansas.

Georgia and Carolina peaches are marketed to a large extent east of the Mississippi River. With increased movement, however, some shipments will probably be marketed west of the Mississippi. Arkansas peaches are marketed customarily in neighboring States, and the bulk of the California peaches go to West Coast States and to States west of the Mississippi. Because the California season is early, however, shipments of California peaches may find their way to the eastern markets.

Transportation Facilities

Carlot shipments are expected to be about equal to the heavy shipments of last year, and railroads indicate that they will have enough cars and ice to handle the tonnage. Crops closer to the consuming centers will move by truck. An adequate supply of containers is expected in all producing areas.

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Cooperation Needed

Full cooperation of shippers, brokers, receivers, and distributors will be required to ~~market~~ this year's crop effectively.

How You May Help

Producers: By packing and sending to market only high quality peaches of uniform size and grade. Culls and overripe peaches should be left at home.

Shippers, Distributors, and Receivers: By pushing the sale of peaches through available advertising and promotional media, and by tapping new retail outlets to assure no blind spots in distribution.

Retailers: By the use of attractive displays and by efficient merchandising of peaches. Also by promoting the sale of peaches in normal advertising copy; by putting special emphasis on the desirability of peaches for home use and canning.

Commercial, Institutional, and Industrial Feeders: By featuring peaches, by serving them more often and in more ways.

Associated and Allied Industries: By assisting in the promotion of peaches through all trade promotion and advertising media at their disposal.

Homemakers: By serving more peaches in more ways more often; by preserving and canning peaches during flush periods of production for later use; by using peaches in frozen desserts and in baking as often as possible.

Following are pointers from the Bureau of Human Nutrition and Home Economics:

Nutrition Note

Delicious flavor is reason enough for eating peaches. On the nutritive side, peaches at the peak of ripeness offer a fair amount of vitamin C. In addition, yellow-fleshed peaches are a good source of vitamin A.

To make Good Use of Peaches

It's hard to beat peaches eaten the simplest ways...out of hand...sliced with cream or top milk...served as a fruit cup alone or with other fruit. Sliced peaches and raspberries or blackberries, for example, are a combination to please both palate and eye.

Keep ripe peaches cool until used. Spread them out to avoid bruising. Let peaches that are a little on the green side ripen at room temperature.

To keep sliced peaches from turning dark and unattractive, either peel just before using, or sprinkle the cut fruit with a little lemon juice.

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Let sliced peaches top a bowl of cereal, hot or cold.

Use chilled peaches in refreshing salads...halved peaches nesting in crisp lettuce, for example...sometimes with cottage cheese or cream cheese or chopped fruit in the hollow of the peach half. Or combine peaches and other fruits, crisp and cold, and cut in slices or good-sized diced pieces. A fruit salad fits anywhere in a meal; as a starter, with the main course, or as a dessert. For a warm weather lunch or supper, a generous fruit salad plate may need only bread or sandwiches and a beverage.

In preparing peach salads, cream that sours in hot weather can be turned to account. Homemade dressings with sour cream as the fat ingredient are particularly good with fruit.

For a cool summer dessert, make peach Melba by putting a spoonful of vanilla ice cream into the hollow of a peach half...pour a little raspberry sirup on top...add a few chopped nuts. Or let sliced peaches or peach sauce top a serving of ice cream to make a sundae.

A frozen dessert flavored like fresh peaches and smooth as velvet is Velva Fruit. This is made by mashing peaches to a pulp and adding sugar and gelatin in the right proportions, then freezing. Directions for preparing peaches and other fruits in this way at home are given in one of the Department's printed pamphlets. The pamphlet also tells how to prepare the fruit puree for frozen storage, so that it can be made into a Velva Fruit dessert months later.

Three points on peach preparation:

1. For easy peeling, dip peaches in boiling water a minute or two, then quickly into cold water. Skins will slip easily.
2. A pinch of salt adds to flavor in cooked fruit.
3. Cooking peaches in light sirup helps keep them firm.

With stewed peaches try a dash of spice --- cinnamon, perhaps, or clove buds.

Broil or bake peach halves, pit side up, in a shallow baking dish. To each piece add a little melted table fat, a very little salt, and sweetening if desired. When hot through and lightly browned, the peaches are ready to be served hot with the main course or as a dessert.

Peach season wouldn't be complete without some of the old favorites -- peach shortcake, pie, or cobbler. Here are some recipes, starting with the biscuit dough needed for each dessert:

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Biscuit Dough for Peach Desserts

2 cups sifted flour 3/4 teaspoon salt
3 teaspoons baking powder 3 to 6 tablespoons fat
3/4 cup milk, or enough for soft dough

Sift dry ingredients and cut in the fat. Make a well in the mixture and add the milk slowly and stir from the center with a fork until a soft dough is formed. Toss on a lightly floured board and use as directed.

Peach Shortcake

Bake biscuit dough in rounds in a hot oven (425° F.); split and fill with sweetened sliced or chopped peaches. Serve at once with or without cream.

Peach Cobbler

Roll out a rich biscuit dough in size to cover a baking dish. Slash the top, so it will let out the steam. Partly fill the dish with sweetened peaches and cover it with dough. Bake in a hot oven (400° F.) until the crust is brown. If preferred, latticed strips, instead of a sheet of dough, may cover the fruit.

Peach Turnover

Cut biscuit dough in circles about the size of a saucer. On one side place chopped sweetened peaches. Fold over. Crimp the edges. Bake in a moderate oven (350 to 375° F.). Serve plain or with sauce or cream.

Putting Up the Peaches

Peaches are successfully put up by a variety of home methods, and the peach products may be used many ways in good meals.

Peaches chosen for home and community canning, freezing, drying or preserves should be table-ripe, firm, and perfect. The pink blush on many varieties of peaches tells little about quality. Background color shows ripeness. When processes call for table-ripe fruit, choose peaches with yellow or yellow-white ground --- not green --- and put up the fruit promptly.

Softer fruits, if sound, are good for peach butter or jam. Slightly underripe peaches make the best pickles.

Freezing Peaches

For the family that has a home freezer or access to frozen storage locker space, freezing is a particularly good way to keep peaches. State experiment stations can advise on peach varieties from their regions that are suited to freezing.

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One bushel of peaches, allowing for discards, yields about 38 pounds of frozen fruit. Peaches are best packed in a sugar sirup made in the proportion of 3 cups of sugar to 4 cups of water. It takes about 3 gallons of sirup for 1 bushel of medium-sized peaches.

To prevent peaches from darkening, either citric acid or ascorbic acid (vitamin C) is effective. Either may be bought at most drug stores. Up-to-date directions for home freezing of fruits tell how to use.

Home Canning Peaches, Hot and Raw Packs

Peaches are easy to can --- they are safely canned in a boiling water bath canner. No steam pressure canner is needed for them. One bushel of peaches will yield about 18 to 24 quarts.

Directions for packing peaches two ways --- either hot or cold --- before processing in a water bath canner, are given by home canning specialists of the Bureau of Human Nutrition and Home Economics. Each method of packing has advantages: The hot pack is more economical of jar space --- about one more serving can be put into a quart jar than when peaches are packed raw. On the other hand, raw-packed peaches hold shape better and look prettier in the jar and on the table. There is some difference in flavor between peaches packed hot and cold, but apparently it is a matter of preference as to which product tastes better.

Whichever way of packing is chosen, follow the accompanying directions from start to finish. Peaches not heated sufficiently in home canning will not keep in storage. In each case the time recommended for processing peaches in the water bath canner is based on the food being prepared and packed in the way indicated.

Here are directions for canning peaches recommended by the Bureau of Human Nutrition and Home Economics:

Wash peaches. Dip in boiling water, then quickly in cold water, to loosen skins. Remove skins. Halve and pit fruit. Slice, if desired. To prevent darkening during preparation, drop peaches into water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before heating or packing cold.

Hot Pack.--- Heat peaches through in hot sirup made by boiling sugar and water or peach juice together 5 minutes. (A thin sirup contains 1 cup sugar to 3 cups liquid; a medium sirup contains 1 cup sugar to 2 cups liquid.) If peaches are very juicy, they may be heated instead with dry sugar --- about 1/2 cup to a quart of raw fruit --- letting the fruit come to a boil over low heat.

Pack hot fruit in hot glass jars to 1/2 inch of top. Cover with boiling liquid, leaving 1/2 inch space at top of jar. Adjust jar lids. Process in boiling water bath --- either pint or quart jars of peaches, 20 minutes. As soon as jars are removed from canner, complete seals if closures are not of self-sealing type.

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Cold Pack. --- Prepare peaches as directed above. Pack raw fruit to 1/2 inch of jar top. Cover with boiling sirup, leaving 1/2 inch space at top of jar. Adjust jar lids. Process in boiling water bath -- pint jars of peaches, 25 minutes; quart jars, 35 minutes. As soon as jars are removed from canner, complete seals if closures are not of self-sealing type.

Managing Sugar in Drying Preserving, Pickling.

Peaches are successfully dried in the oven, in a dehydrator, and in dry and sunny climates out in the sun. Home drying requires no sugar, but some sweetening is generally wanted when dried fruit is served.

When making sweet spreads, sugar goes farthest in fruit butter because the fruit pulp boils down and concentrates the natural sugar in the fruit. One pound of sugar will sweeten about three pints of peach butter.

Jam and preserves ordinarily call for equal parts by weight of sugar and fruit. When stretching sugar supplies, using 3/4 as much sugar as fruit is satisfactory. With this, 1 pound of sugar sweetens about 1-1/2 to 2 pints of jam.

In pickling peaches, allow 2 pounds of sugar for 8 pounds of small or medium-sized fruit.

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PEACHES -- Production and Distribution, 1947

State	1947	1946	Area of Distribution	Period of Shipment*	Peak-of- Retail Supply*
	Estimated Production Thousand bushels	Production			
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Arkansas	<u>2,886</u>	2,479	Middle West	July 1 to Aug. 25	Aug. 4 - 9
Sub-total	<u>119,685</u>				
Florida	70	96	Local		
Alabama	1,625	1,250	Local	June 15 to Aug. 15	Aug. 1 - 5
Mississippi	1,050	868	Local	June 15 to Aug. 15	Aug. 1 - 5
Louisiana	304	293	Local	June 10 to Aug. 15	July 28 - Aug. 2
Oklahoma	402	598	Local		
Texas	<u>1,920</u>	1,856	Middle West	June 5 to Aug. 15	July 24 - 30
Sub-total	<u>5,371</u>				
Total 10 early So. States	<u>25,056</u>				
California Frostons	<u>13,793</u>	14,001	Coast & West		
Total Early States	38,849				

*Trade estimate

PEACHES -- Production and Distribution, 1947 -- continued

State	Estimated Production	1946 Production	Area of Distribution	Period of Shipment *	Peak of Retail supply*
Thousand bushels					
Tennessee	1,268	540	Middle West	Aug. 1 to Sept. 1	Aug. 9 - 14
Kentucky	945	672	Middle West	July 15 to Sept. 1	Aug. 15 - 16
Missouri	1,288	1,098	Middle West	July 15 to Sept. 1	Aug. 18 - 20
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West Virginia	399	583	East	Aug. 10 to Sept. 10	Aug. 23 - 26
Illinois	2,419	1,529	Central States	July 5 to Sept. 1	Aug. 18 - 23
Indiana	725	519	Central States	July 10 to Sept. 10	Aug. 20 - 26
Other	891				
Sub-total Intermediate	11,801				
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Michigan	4,030	5,100	Central States	Aug. 15 to Sept. 20	Aug. 25 (Hales) Sept. 8 - 12
New York	1,458	1,682	East	Sept. 1 to Oct. 15	Sept. 11 - 17
Other	1,607				
Sub-total Late States	15,281				
California Clings	23,252		Processing		
Grand Total	30,163	23,085			

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UNITED STATES DEPARTMENT OF AGRICULTURE
Production and Marketing Administration

July 1947

FACT SHEET ON PEACHES

Record Crop in 1947

The 1947 peach crop is expected to be outstanding in quality and volume. The June 1 crop report of the Department estimated this year's production at 89,183,000 bushels, compared with 86,643,000 bushels last year, 81,548,000 bushels in 1945, and a 10-year average of 63,000,000 bushels.

Most important producing areas are sharing in the record crop. Peach production in the 10 leading Southern States is estimated at 25,056,000 bushels --13 percent more than the large 1946 crop.

Spring freeze did some damage in a few eastern and midwestern producing States, but prospects in those areas as a whole are for a relatively large crop. The Western States expect a record crop of 44,398,000 bushels--1 percent more than the previous record last year. A large part of the western crop is usually processed. However, the volume available for fresh market purposes will depend largely upon market conditions at time of harvest.

In areas in which the southern crop is marketed peaches will be in abundant supply during the latter part of July and the first half of August. Northern and mid-western peaches will be plentiful during the latter half of August and early September.

Marketing Delayed

Marketing of the crop from the Southern States will be considerably later this year than last because of the cool spring weather and late bloom. It is expected that the late portion of the Georgia crop will overlap the peak movement from the Carolinas and Arkansas.

Georgia and Carolina peaches are marketed to a large extent east of the Mississippi River. With increased movement, however, some shipments will probably be marketed west of the Mississippi. Arkansas peaches are marketed customarily in neighboring States, and the bulk of the California peaches go to West Coast States and to States west of the Mississippi. Because of the earliness of the California season, however, shipments of California peaches may find their way to the eastern markets.

Transportation Facilities

Carlot shipments are expected to be about equal to the heavy shipments of last year, and railroads indicate that they will have enough cars and ice to handle the tonnage. Crops closer to the consuming centers will move by truck. An adequate supply of containers is expected in all producing areas.

Cooperation Needed

Full cooperation of shippers, brokers, receivers, and distributors will be required to effectively market this year's crop.

How You May Help

Producers: By packing and sending to market only high quality peaches of uniform size and grade. Culls and overripe peaches should be left at home.

Shippers, Distributors, and Receivers: By pushing the sale of peaches through available advertising and promotional media, and by tapping new retail outlets to assure no blind spots in distribution.

Retailers: By the use of attractive displays and by efficient merchandising of peaches. Also by promoting the sale of peaches in normal advertising copy; by putting special emphasis on the desirability of peaches for home use and canning.

Commercial, Institutional, and Industrial Feeders: By featuring peaches, by serving them more often and in more ways.

Associated and Allied Industries: By assisting in the promotion of peaches through all trade promotion and advertising media at their disposal.

Homemakers: By serving more peaches in more ways more often; by preserving and canning peaches during flush periods of production for later use; by using peaches in frozen desserts and in baking as often as possible.

Following are pointers from the Bureau of Human Nutrition and Home Economics:

Nutrition Note

Delicious flavor is reason enough for eating peaches. On the nutritive side, peaches at the peak of ripeness offer a fair amount of vitamin C. In addition, yellow-fleshed peaches are a good source of vitamin A.

To Make Good Use of Peaches

It's hard to beat peaches eaten the simplest ways...out of hand...sliced with cream or top milk...served as a fruit cup alone or with other fruit. Sliced peaches and raspberries or blackberries, for example, are a combination to please both palate and eye.

Keep ripe peaches cool until used. Spread them out to avoid bruising. Let peaches that are a little on the green side ripen at room temperature.

To keep sliced peaches from turning dark and unattractive, either peel just before using, or sprinkle the cut fruit with a little lemon juice.

Let sliced peaches top a bowl of cereal, hot or cold.

Use chilled peaches in refreshing salads...halved peaches nesting in crisp lettuce, for example...sometimes with cottage cheese or cream cheese or chopped fruit in the hollow of the peach half. Or combine peaches and other fruits, crisp and cold, and cut in slices or good-sized diced pieces. A fruit salad fits anywhere in a meal: as a starter, with the main course, or as a dessert. For a warm weather lunch or supper, a generous fruit salad plate may need only bread or sandwiches and a beverage.

In preparing peach salads, cream that sours in hot weather can be turned to account. Homemade dressings with sour cream as the fat ingredient are particularly good with fruit.

For a cool summer dessert, make peach Melba by putting a scoopful of vanilla ice cream into the hollow of a peach half...pour a little raspberry sirup on top...add a few chopped nuts. Or let sliced peaches or peach sauce top a serving of ice cream to make a sundae.

A frozen dessert flavored like fresh peaches and smooth as velvet is Velva Fruit. This is made by mashing peaches to a pulp and adding sugar and gelatin in the right proportions, then freezing. Directions for preparing peaches and other fruits in this way at home are given in one of the Department's printed pamphlets. The pamphlet also tells how to prepare the fruit puree for frozen storage, so that it can be made into a Velva Fruit dessert months later.

Three points on peach preparation:

1. For easy peeling, dip peaches in boiling water a minute or two, then quickly into cold water. Skins will slip easily.
2. A pinch of salt adds to flavor in cooked fruit.
3. Cooking peaches in light sirup helps keep them firm.

With stewed peaches try a dash of spice -- cinnamon, perhaps, or clove buds.

Broil or bake peach halves, pit side up, in a shallow baking dish. To each piece add a little melted table fat, a very little salt, and sweetening if desired. When hot through and lightly browned, the peaches are ready to be served hot with the main course or as a dessert.

Peach season wouldn't be complete without some of the old favorites -- peach shortcake, pie, or cobbler. Here are some recipes, starting with the biscuit dough needed for each dessert:

Biscuit Dough for Peach Desserts

2 cups sifted flour	3/4 teaspoon salt
3 teaspoons baking powder	3 to 6 tablespoons fat
3/4 cup milk, or enough for soft dough	

Sift dry ingredients and cut in the fat. Make a well in the mixture and add the milk slowly and stir from the center with a fork until a soft dough is formed. Toss on a lightly floured board and use as directed.

Peach Shortcake

Bake biscuit dough in rounds in a hot oven (425° F.); split and fill with sweetened sliced or chopped peaches. Serve at once with or without cream.

Peach Cobbler

Roll out a rich biscuit dough in size to cover a baking dish. Slash the top, so it will let out the steam. Partly fill the dish with sweetened peaches and cover with the dough. Bake in a hot oven (400° F.) until the crust is brown. If preferred, latticed strips, instead of a sheet of dough, may cover the fruit.

Peach Turnover

Cut biscuit dough in circles about the size of a saucer. On one side place chopped sweetened peaches. Fold over. Crimp the edges. Bake in a moderate oven (350° to 375° F.). Serve plain or with sauce or cream.

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